

# Heritage Center

The Heritage Center is 55+

December 2015 Supplement

#10 E. 6150 S.  
801-264-2635  
[www.murray.utah.gov](http://www.murray.utah.gov)

Accredited by   
National Institute of  
Senior Centers

#### Program Changes or Additions:

- ◆ Come and sing your favorite Christmas songs on Christmas Eve at 10:45. The Center will close early at 12:30 so the meal will be served at 11:30 only.
- ◆ Don't forget the Center is closed on New Year's Eve until the doors open at 6:00 PM for the New Year's Eve party. Come and ring in the New Year at the Heritage Center!
- ◆ The Center is closed on Friday, December 25; Thursday, December 31 until 6:00 PM in preparation for the New Year's Eve Party; and Friday, January 1.

#### Wed. Oil Painting Class

A new six-week session of oil painting taught by Teri Wood-Elegante will begin Wed, Jan 13 from 9:00-12:00 and run through Feb 17. The cost is \$30 and payment is made when signing up. Sign ups start Dec 29.



Last month the expansion project was started on the small office located in the dining room. Community Development Block Grant funds and your donations have made that project possible. Additional funds are needed for the finishing touches. Your donations are tax deductible and can be given to the front desk at any time. Thanks for your help and support.



#### Winter Boutique ♦ Holiday Meal ♦ Silent Auction



Friday, December 4 from 10:00-3:00

Bids will be taken on the Silent Auction items until December 18

Advance tickets are needed for the Holiday Meal and Entertainment

Everyone is welcome to shop at the Boutique, tell friends and family

#### New Year's Eve Party

Thursday, Dec 31 from 6:00-10:00 PM

Cost is \$22 and includes: Prime Rib Dinner or Halibut, Dancing with Tony Summerhays, Casino Games with an endless supply of funny money and lots of prizes! Join your friends at the Heritage Center and ring in 2016! No alcohol is allowed at the Center.



Happy  
New Year

Advance tickets needed. Choose your table when you purchase your ticket. Doors open at 6:00 PM and dinner is served at 6:30. Casino Games and Dancing will run from 7:30-10:00 PM.

Thank you Jenkins-Soffe for helping with party hats, noise makers, sparkling cider and prizes!

2015  
Heritage  
Center  
Events



Heritage  
Center

#10 E. 6150 S.

(West of State)

801-264-2635

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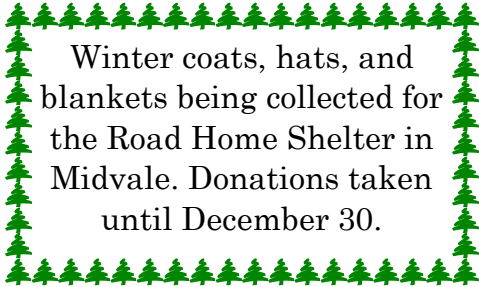
[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you

Monday-Friday

8:00-4:30 and

Thursday until  
10:00 PM

Monday		Tuesday	
<p>    Winter coats, hats, and blankets being collected for the Road Home Shelter in Midvale. Donations taken until December 30. </p>		8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line/SLN Pearl Harbor	
9:00 NIA 9:00 Watercolor II 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>Furious 7</b> 2:00 Strength Conditioning	7	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:00 Attorney Consultation 11:30-12:30 Lunch 12:30 Balance Class / 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line /Wood Craft 4:00 Light Trip	8
9:00 NIA 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 10:30 Pen Pal Party 11:00 Bridge Lessons 1:00 Movie: <b>Jurassic World</b> 2:00 Strength Conditioning	14	8:30 Ceramics 9:00 Stretch/Haircuts 9:00 Toe Nail Clippings 9:30 Line Dancing / 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Increase Happiness / Balance 12:45 Crafts / 1:00 Computer Help 2:00 Beginning Line Dancing 4:00 Light Trip	15
9:00 NIA 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>Testament of Youth</b> 2:00 Strength Conditioning	21	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 <b>No Line Dancing</b> 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class 12:45 Crafts 1:00 Computer Help 2:00 <b>No Beginning Line Dancing</b>	22
9:00 NIA 9:00 Computer Help 9:30 AARP Smart Driving Class 10:15 Pickleball 11:00 Bridge Lessons 1:00 Movie: <b>Ant Man</b> 2:00 Strength Conditioning	28	8:30 <b>No Ceramics</b> 9:00 Stretch/Haircuts 9:30 <b>No Line Dancing</b> 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class / 12:45 Crafts 1:00 Computer Help 2:00 <b>No Beginning Line Dancing</b>	29

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	2	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 12:45 Happy Hats / 1:00 Computer 2:00 Strength Conditioning 4:00 Light Trip 7:00 Dance / Poetry	3	9:00 <b>No Zumba</b> 10:00 Yoga 10:00 Winter Boutique 10:30 Transportation 11:15 <b>No Chair A'Robics</b> 12:00 Winter Boutique Buffet 11:45 Massage 1:00 Bingo / Bridge	4
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	9	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day/Balance Class 1:00 Computer Help 2:00 Strength Conditioning 3:30 Jam Session 4:00 Light Trip 7:00 Dance / UTE RC / Poetry	10	9:00 Zumba 9:00 Kingsbury Hall 10:00 Yoga 11:00 Gingerbread House Judging 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	11
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Hearing Aid Presentation 12:45 Bingo 1:00 Bridge	16	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30 Happy Hats at Red Lobster 11:30-12:30 Lunch 12:30 Games / 12:30 Balance Class 1:00 SLN FDR Christmas 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance / Poetry	17	9:00 Zumba 10:00 Yoga 10:30 St. Nicholas Traditions 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	18
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	23	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 10:45 Christmas Sing Along 11:30 Lunch served  <div>Center Closes early today at 12:30. Merry Christmas!</div>	24	Center Closed 	25
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	30	Center Closed until 6:00 PM  6:00 Doors Open for the New Year's Eve Party—ticket required. 6:30 Prime Rib Dinner 7:30 Dancing & Casino Games 10:00 Ring in 2016	31		

## Program Reminders

### Recreation

Jam Session—Thursday, Dec 10 at 3:30

Pickleball—Monday 10:15-12:00 and  
Thursday mornings 9:00-11:00

### Services

Blood Pressure and Glucose checks on  
Thursday, Dec 3 at 11:00

Attorney on Tuesday, Dec 8 at 11:00

Barbershop every Tuesday morning.

Computer Help \$3 – Monday, Tuesday,  
and Thursday — call for appointment

Massage Therapy—Fridays 11:45-3:45

### Classes

Senior Learning Network—Tuesday, Dec  
1 at 2:00—Attack at Pearl Harbor;  
Thursday, Dec 17 at 1:00 Christmas at  
the FDR White House

Poetry—Thursday, Dec 3, 10, and 17 at  
7:00

Wood Craft—Tuesday, Dec 8 at 2:00.  
Cost is \$5 and includes all supplies.

Readers Theater—Friday, Dec 11 and 18  
at 12:30

Medicare Counseling —Tuesday, Dec 15  
at 12:00

Vital Aging—Tuesday, Dec 22 at 10:30—  
Coping with Chronic Conditions

AARP Smart Driving — Monday, Dec 28  
at 9:30

Exercise every day — check the front  
desk for a schedule of classes.

### Gingerbread House Contest

Order your FREE kit now.  
Pick it up on Dec 4 and re-  
turn it on Dec 11 for judg-  
ing. Sponsored by Memorial  
Mortuaries. \$50, \$25, \$10  
cash prizes to winners. Information  
sheet at the front desk.



## Increase Your Happiness

On **Tuesday, December 15 at 12:30**, Jody Davis from Care Source will be back at the Center to share ways to find more happiness. This has been a very popular class and participants have asked him to come back. You may have not participated in the last Increase Your Happiness class but that is not a problem, everyone is welcome. Often changes as we age lead to greater challenges and increased losses in life. You may find this class especially helpful in dealing with your emotions as the holiday season approaches. Come and join in this discussion and discover some new ways to keep happiness in your life. This is a free class, register now.

### Hearing Aid 101

On **Wednesday, December 16 at 12:30**, a representative from The Utah Division of Services to the Deaf and Hard of Hearing will present a class on hearing aids. They will talk about the different styles of hearing aids, the technology available, and how to care for them. Learn about the reality of hearing aids vs the expectations and how to adjust slowly to hearing sounds again. Assistive Listening Technology and how it works in conjunction with hearing aids will also be discussed. This is a free class, register now.

### European Holiday Tradition Class

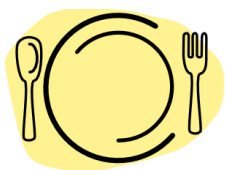
On **Friday, December 18 at 10:30**, Anike Wilder from Legacy Retirement Community will share her knowledge about traditions surrounding the legends of St. Nicholas. She will discuss the history behind the European traditions and talk about him as a Saint. The traditional European Christmas begins on Christmas Eve with the children placing their shoes by the door for St. Nicholas to shine and fill with treats. Be sure to wear your best shineable shoes and you might get surprised with the same treatment. Come join in the tradition of St. Nicholas in this fun presentation. Thank you to Legacy Retirement Community for providing this class. This is a free class, register now. Space is limited to 12.



### Watercolor Class—Winter Wonderland

John Fackrell will begin a new Watercolors Winter Wonderland class on **Monday, January 11** and will run through **Monday, February 29**. Class time is **9:00-12:00** and the cost is **\$30**. Sign up begins Friday, December 18. Some prior Watercolor experience is necessary to participate. John will be focusing on winter themes during this class. Space is limited to 12, sign up early.





# December 2015—Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>OVEN FRIED CHICKEN</b> Mashed Potatoes & Gravy Coleslaw Cookie	<b>PHILLY STEAK SANDWICHES</b> Chips Fruit Birthday Cake & Ice Cream	<b>SPLIT PEA SOUP</b> Half Sandwich Fruit Bananas Foster	<b>Winter Boutique Holiday Meal</b> \$7—advance ticket needed.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
No Meal	<b>PORK BARBACOA BURRITOS</b> Cilantro Salad Tres Leches Cake	<b>TURKEY NOODLE SOUP</b> Half Sandwich Fruit Pumpkin Cookie	<b>HONEY MUSTARD CHICKEN</b> Potato Casserole Veggies Orange Cream Cupcake	<b>CHICKEN FRIED STEAK</b> Mashed Potatoes & Gravy Carrots Cinnamon Apple Coffee Cake
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
No Meal	<b>KOREAN BEEF BOWL</b> Orange Ginger Slaw No Bake Chocolate Cookie	<b>SPAGHETTI BOLOGNESE</b> Caesar Salad Breadstick Carrot Cake	<b>STUFFED PEPPERS</b> 7 Layer Salad Butter Cookie	<b>BEEF &amp; BARLEY SOUP</b> Half Sandwich Fruit Cinnamon Spice Rice Krispy
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
No Meal	<b>BROCCOLI CHEDDAR SOUP</b> Half Sandwich Fruit or Pudding	<b>CABBAGE ROLLS</b> Green Salad Cookies	<b>CHICKEN TACOS</b> Rice Dessert Pizza <b>Center closes at 12:30</b>	<b>Closed</b> 
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
No Meal	<b>CRAB BISQUE</b> Chopped Salad Sticky Toffee Pudding	<b>THAI CHICKEN AND SHRIMP</b> Rice Peas Meringue Cookie	<b>Center Closed until 6:00 PM when the New Year's Eve Celebration begins</b> \$22 includes Prime Rib Dinner, Casino Party, and Dancing!	